

9-7-2012

Montana Kaimin, September 7, 2012

Students of The University of Montana, Missoula

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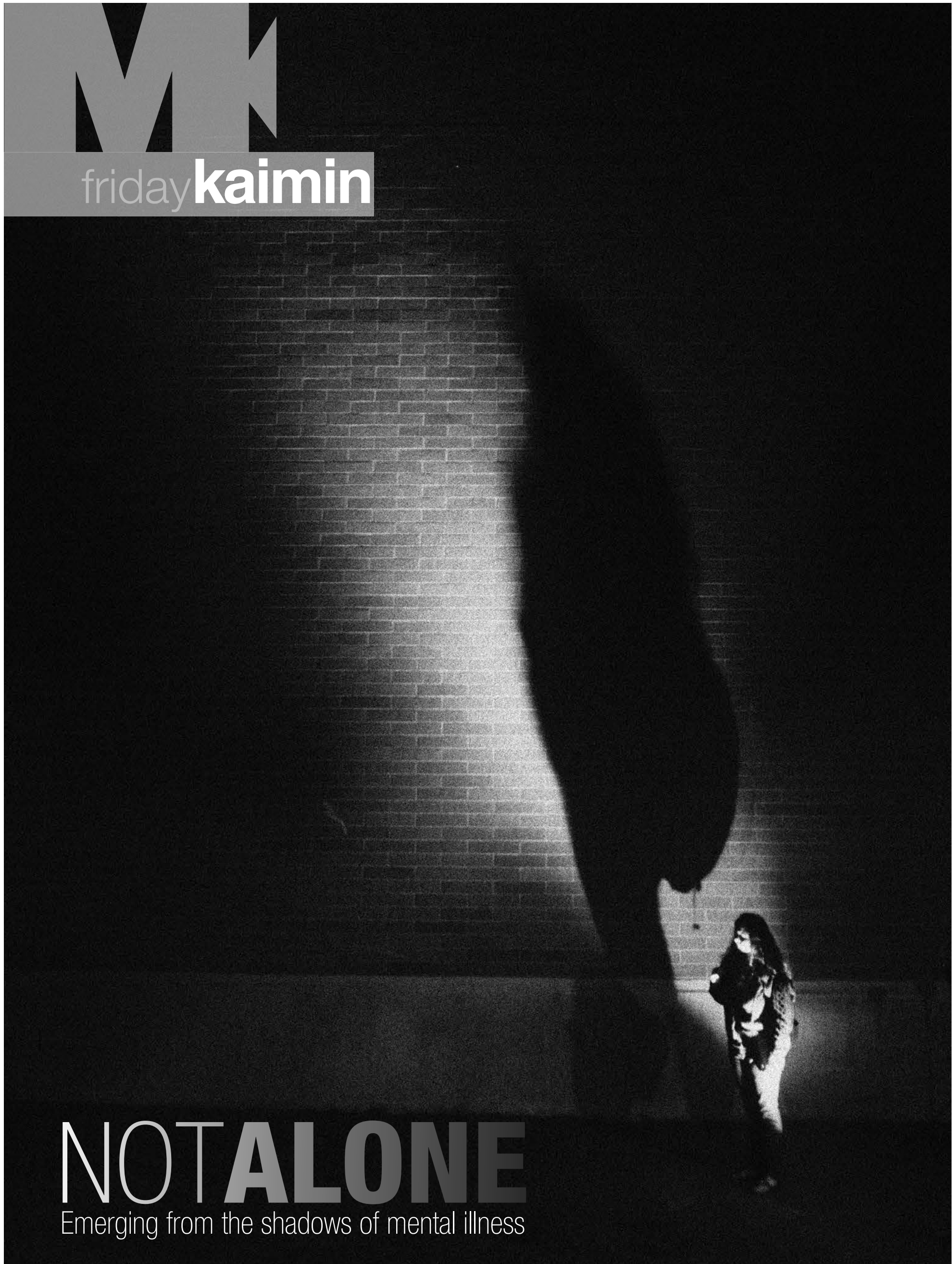
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friday **kaimin**



NOT **ALONE**

Emerging from the shadows of mental illness





SCIENCE COLUMN

THE HUME'N EXPERIENCE

Stop the stereotypes,
save the wolves
By Alice Martin

Missoulians are immersed in an environmental culture that tends to worship at the shrine of nature — while the rest of Montana is full of ranchers and hunters upset by wolves attacking their livestock and depleting elk populations. Yet the issue of wolves isn't just hippies versus rednecks. That debate boils down to two schools of thought: Wolves are either slaving beasts with a demonic intent to slaughter and devour, or "noble savages" whose relationship with Mother Earth symbolizes the mystical connections of all nature. Pick your banal stereotype.

Wolves are animals like any others, operating within an ecosystem that is only as wild as we permit. Human intervention destroyed wolf populations in the first place, and human intervention brought wolves back to Montana and the other lower 48 states. They play an important role as predators at the top of the food chain, and in balance with other elements, increase ecosystem health for our natural resources. Demonizing or romanticizing them fails to address their fundamental biology — which should be the deciding factor.

One recent political firestorm centered on a photograph of a trapper smiling jovially in front of a trapped wolf, bleeding and circling in obvious pain. Many decried him for inhumanity and failure to quickly end the wolf's suffering; these activist groups received death threats in return. The Idaho Department of Fish and Game noted that he did nothing illegal. His traps were on private land and monitored in accordance with the law. This situation shows how the facets of the wolf controversy — social, legal, ecological — all howl so loudly, that it's impossible to hear just one voice.

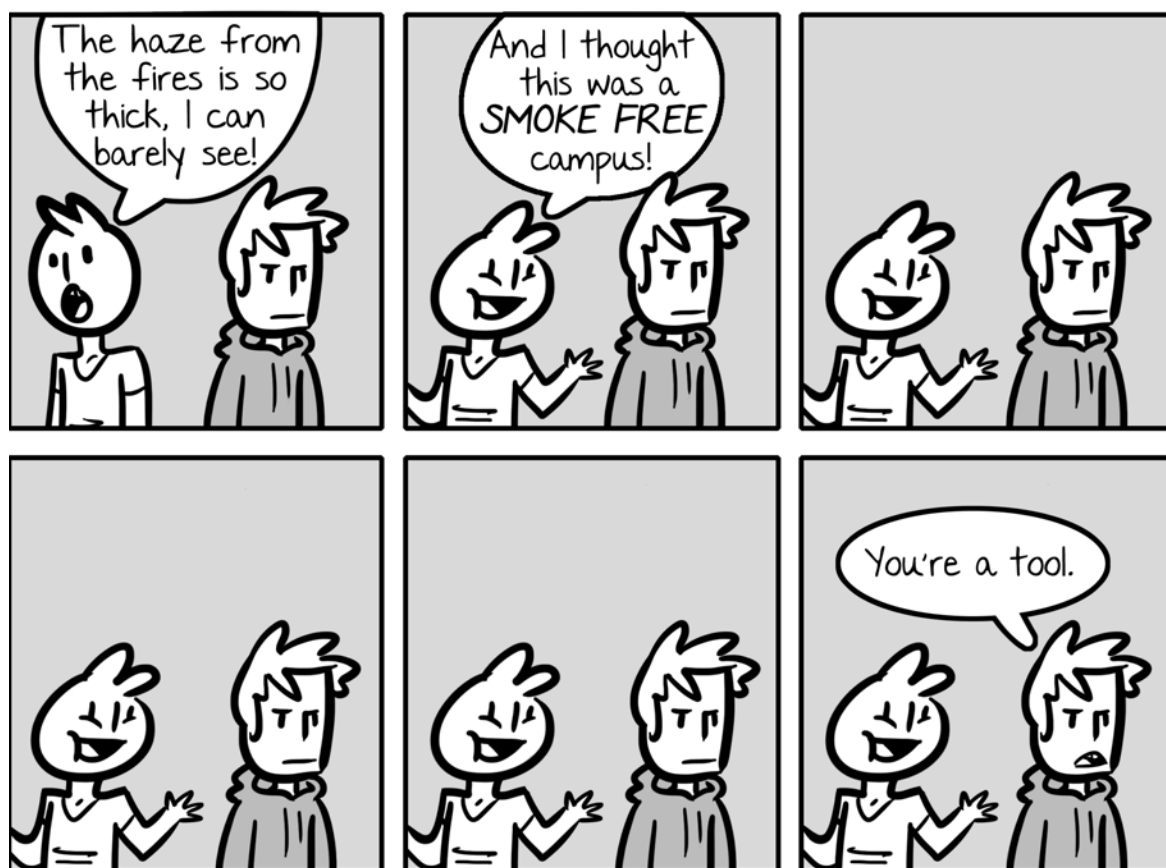
The problem is that wolves ought to be managed in a scientific manner, but the best methods we have come up with inevitably involve public implementation, like hunting and trapping. For years, this is how Montana Fish, Wildlife and Parks managed the dominant populations of large mammals, from elk and deer to mountain goats, bighorn sheep and moose. Even black bear populations have been managed through special hunting permits. And though science determines how many of each species to cull, it's ultimately humans pulling the trigger — and that means our emotions are inevitably involved.

I love hunting. I love walking quietly through the woods listening for small sounds and watching for movement. As autumn sunshine filters through the yellow larch and frosted spruce, I'll clamber up a snowy mountainside after a five-point buck (who is in turn searching for his harem of does). And though I might spend all day in near silence, a fundamental thrill strikes when taking aim. Inhaling as I squeeze the trigger, releasing both bullet and breath, it seems as if a hundred years have been boiled into this one infinitesimal moment.

Hunting is a proud and beautiful Montana tradition, and it comes with its own measures of responsibility and reward. Those who take pleasure in the pain of wild animals and who care only for the trophies they provide are not only despicable, but also impede progress in our management of wildlife. The biggest problem right now with wolf management is that those hunting wolves are only seeing red.

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EDITORIAL CARTOON



Cartoon by Callan Berry

BIG UPS | BACKHANDS

Big ups to people riding uni-cycles around campus. The affordable vehicle makes it clear that the Great Recession can take away complete bicycles, but it can't take our style.

Backhands to Lupe Fiasco for tweeting his retirement. Whatever happened to the good old days and going out like B.I.G. and Tupac?

Big ups to President Obama

for clarifying November's ballot choices in last night's DNC speech: beer-drinker vs. caffeine-free diet Coke drinker. I think we know who's more aligned with our best interests.

Backhands to President Obama for failing to provide us with critical details in his speech. What type of beer are you brewing in the White House, and what will it be named!?

Big ups to Paul Ryan for running one marathon in 1990 in over four hours! That's like, twice as fast as any Kaimin staffer can finish in, great job dude!

Backhands to tonight's Brewfest tonight for, inevitably, getting us fired from our jobs tomorrow. And losing our bikes. Time for a unicycle investment.

montanakaimin

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CAMPUS



MIP season is here

Ashley Nerbovig
Montana Kaimin

Freshmen loiter around the back doors to the Duniway/Elrod residence hall lobby. Street names bounce from mouth to mouth. House numbers are screamed as packs disperse to their chosen parties. Little do they expect the flashing lights of the party patrol car to cut their evening of drinking short.

Chief of Public Safety Gary Taylor admitted that, while they are always on the lookout for underage drinking, the beginning of the year is especially active.

"We're pretty strict through-

out the year," he said. "But there are more violations on the first of the [school] year. Freshman are testing the waters, trying to bend the rules."

Taylor believes a large portion of this is attributed to the fact that students do not realize yet that Public Safety takes the problem of underage drinking very seriously.

International student Raphael Arnaud, who can legally drink in his home country of France, received a minor in possession citation on Aug. 31 and admits he was a bit surprised.

"I knew [the drinking age] was 21 here, I just didn't think it was so strict," Arnaud said.

Arnaud is now facing a \$200 fine and 20 hours of community service, and is required to take the Self Over Substance classes offered by the University.

Cases like this can be seen all across campus at the beginning of the year, said former Elrod/Duniway resident assistant Cole Havens.

"You have to be more of an enforcer at the beginning of the year," Havens said.

Missoula City Police seem to have the same mindset. Detective Sgt. Travis Welsh said that there is certainly more awareness at the beginning of the year.

"What you might see is more foot beats downtown," Welsh said. "We'll usually start up the 'party car.'"

The "party car" usually consists of a couple of officers in different cars who patrol everywhere around Missoula, focusing on residential areas where University students are more likely to live. The "party car" is looking for

See MIP page 4

FOR RELEASE SEPTEMBER 7, 2012

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Musician Ocasek et al.
 - 5 See 15-Across
 - 9 Cavaradossi's love
 - 14 When some deadlocks are resolved, briefly
 - 15 With 5-Across, barely
 - 16 Racing venue near Windsor Castle
 - 17 Inferior swim?
 - 19 Quick trip
 - 20 Ran out of patience
 - 21 Column affording views
 - 23 Shirt size: Abbr.
 - 24 Novelist Glyn
 - 26 Impertinent camera movement?
 - 29 Shoved off
 - 31 Cried
 - 32 Half a tuba sound
 - 34 Oafs
 - 35 Burly Green Bay griddler?
 - 40 Split
 - 42 Calypso cousin
 - 43 Shackle
 - 46 Kind of offer that saves time
 - 52 Canine telling bad jokes?
 - 54 Over
 - 55 "He's mine, ___ am his": "Coriolanus"
 - 56 "Get ___": 1967 Esquires hit
 - 58 GPS precursor
 - 59 Critical
 - 62 Suspicious wartime sight?
 - 64 Wonderland cake words
 - 65 Urgent letters
 - 66 Behold, to Caesar
 - 67 "Golf Begins at Forty" author
 - 68 Asian holidays
 - 69 Starting point

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64					65				66			
67					68				69			

By Kurt Mueller

9/7/12

- DOWN**
- 1 Megabucks
 - 2 Sniff
 - 3 Make the cut together?
 - 4 Oktoberfest souvenirs
 - 5 Dawn rival
 - 6 Menu choice
 - 7 Receipts, e.g.
 - 8 High-strung sorts
 - 9 New Jersey casino, with "The"
 - 10 Mama bear, in Madrid
 - 11 Henry Moore, e.g.
 - 12 Joined a line, in a way
 - 13 Shows up
 - 18 Old congregating locale
 - 22 "Like, no kidding!"
 - 25 Scream
 - 27 Prepare to fire
 - 28 Noel
 - 30 Powell's "The Thin Man" co-star

Thursday's Puzzle Solved

B	U	N	G		G	A	U	L		S	L	A	V	S
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H	O	T	E	L			R	E	L	Y		R	E	N

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9/7/12

- 33 Gitmo guards
- 35 Belgian surrealist
- 36 Yeats's home
- 37 "It's worth ___"
- 38 Rap sheet letters
- 39 New gnu
- 40 Breakfast places
- 41 Average American, it's said
- 44 "Star Trek: DSN" character
- 45 Milk for losers
- 47 ___ pad
- 48 Grand decade
- 49 Top gun
- 50 Batting coach's subject
- 51 Tooted
- 53 Semblance
- 57 H.S. exam
- 60 Dr.'s order?
- 61 Set the pace
- 63 Some PCs

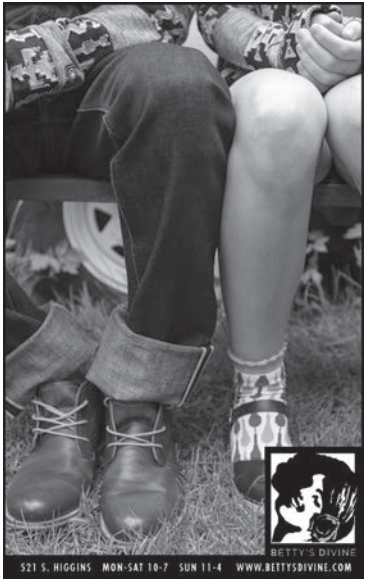
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CAMPUS

Keeping the streets safe

UM's Student Involvement Network and Foresters' Ball Committee team up to raise awareness about drinking and driving

Deven Pfister
Montana Kaimin

The usual serene atmosphere of the Oval was marred Thursday by a demolished Pontiac Sunfire and a sign warning students of a \$4,000 fine for drunken driving.

The Student Involvement Network and the Foresters' Ball committee teamed up to host Drinking and Driving and other Delusions. The two groups hope to help students understand that drinking isn't the only way to have fun, especially at the Foresters' Ball.

As the Foresters' Ball looks to host its 96th year, publicity officer Dylan Brooks and other committee members hope to change the image of the ball — which is usually affiliated with rowdiness and drunkenness.

"In recent years, the Foresters' Ball has been associated, unfortunately, with irresponsible behavior linked with alcohol," Brooks said. "Being asked to participate in this event was a great way for us to continue taking a stand against irresponsibility."

Though Brooks said there has never been a correlation between the Foresters' Ball and DUIs, the committee hopes the event will educate students on the possible consequences. He said screenings and security will be even stricter at this year's ball than in the past. If

said. "In fact, the Foresters' Ball is a prime example of an event where you don't need alcohol to have fun."

For the event, SIN asked the committee to build an interactive jail cell prop, similar to the jail at the actual Foresters' Ball. SIN not only looked

"Missoula has seen a huge increase in the amount of DUIs that have been happening. It's fairly certain that a lot of those are students, and I think that's a problem."

Topher Williams,
Student Involvement Network
Student Coordinator

an attendee is suspected of drinking or looks drunk, they will be shown the door.

"Additionally, participating in this event will help the Foresters' Ball in making sure that students don't incorrectly associate the Foresters' Ball as being an event linked with alcohol consumption," Brooks

to stop drinking at the Foresters' Ball, but also drinking and driving in the city of Missoula.

SIN student coordinator Topher Williams said they just want to protect the students.

"Missoula has seen a huge increase in the amount of DUIs that have been happening," Williams said. "It's fairly



Sam Wilson/Montana Kaimin

UM police officer Thomas Johnson watches as Michael Kornfield tries to ride a tricycle while wearing glasses, simulating a near-death level of drunkenness on the Oval on Sept. 5.

certain that a lot of those are students, and I think that's a problem."

Montana's DUI policy says first time offenders can receive anywhere from a \$300 to \$1,000 fine and a jail sentence anywhere from 24 hours to six months. Williams said the penalties for a DUI are often more than just monetary; they can cause students to drop out of school or even be fatal.

There were other types of transportation on the Oval, like the U-DASH bus and information on yellow cab and Ucallus, all alternate ways to get home after a night of drinking other than driving. Williams also said that drinkers should really consider walking home before driving since Missoula is only about three miles across.

Also at the event were students from the Curry Health Center who are enrolled in Peer Health Practicum, or Health and Human Performance 371. The booth encouraged students to use a designated driver.

"It happens all too often. I've seen people stumbling and they just get into their cars," said Jonathan Schnieber, one of the students manning the booth. "People just think it's socially acceptable."

According to Schnieber, Missoula has had close to 100 DUIs in the last 4 months, and he believes they are all avoidable. Being a designated driver at some bars in Missoula can even enter you to win a monthly prize of \$100, and all you have to do is drive your drinking friends home.

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Draught Works Brewery proudly presents the
1st Annual Chain Reaction Fresh Hop Festival,
an innovative celebration of locally crafted beer and sustainable transportation.

Saturday, September 8, 2012

Draught Works will craft a "fresh" hopped beer with the help of Missoula bicycle enthusiasts. Hops for this craft beer will be harvested at Fais do-do Farms in Corvallis, MT and transported to Draught Works by teams of cyclists in a relay-style race. While the race to the brewery ensues, eager cyclists will power a custom-made, bike-operated grain mill at the brewery, milling approximately 1000 lbs. of malted barley.

When the hops arrive and the milling concludes, Draught Works will brew a Chain Reaction Fresh Hopped Ale. Proceeds from the 15-barrel, 30-keg batch will be donated to participating nonprofit organizations dedicated to sustainable transportation in Missoula.



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MIP From page 3

big parties and is sent out to patrol at the discretion of the patrol captain, Welsh said.

"On the off-chance officers do come across a large party they wouldn't necessarily intervene, unless the party is obviously unreasonable," Welsh said. "Most responses come from complaints."

Taylor said students sometimes don't realize that they or their parties are being noticed.

"Usually if they have enough alcohol they'll draw enough attention to themselves that we get a call," Taylor said.

As strict as both the campus and local police departments are about MIPs, Taylor wants to make it clear that fear of a citation should never prevent students from reporting crimes or asking

for help. For instance, underage drinkers who believe their friend has consumed too much alcohol, or is in serious danger, should always call Campus Police if they need help.

"The whole thing is not to catch someone doing something wrong," Taylor said. "We want to make sure it's a safe learning environment."

This does not mean that students will not receive a code of conduct violation, Taylor said, but students won't receive a criminal citation for trying to get a friend to the police or hospital.

"Why would we punish you for trying to keep your friend safe?" Taylor said.

The best advice Havens can give new freshman, he said, is to not cause a disturbance, and if you're going to drink, do it outside the dorms and off campus.

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MISSOULA

Made in China

Experienced in Montana



Photo courtesy of Missoula Cultural Council

Pandas for your pondering. Luo Xiaoyun's photography show, "Growth Diary of Baby Pandas," opens at the Dark Room during First Friday in conjunction with the China in Missoula initiative.

Riley Pavelich
Montana Kaimin

China will invade Missoula on First Friday, but the emissaries do not bear arms. The community-wide China in Missoula, organized in part by the Missoula Cultural Council, brings Chinese dance, art, music, food, games and lectures to Missoulians interested in our often misunderstood global competitor.

There will be cooking demonstrations, kite-flying, panda bears and much more in the coming weeks. The festivities kick off on Sept. 7 with nine exhibits based on the theme.

China in Missoula is Nancy Matthews brain child. She worked in cultural exchange and international diplomacy in Washington, D.C., before moving to Missoula.

"When you want to know a country better, the best place to look is its arts and its culture, beyond economics and politics," Matthews said.

She used her overseas connections to coordinate Chinese involvement with the project and helped organize local resources. Chinese enthusiasts emerged from the community to pool knowledge for their pet subject.

"There's something for everyone's interests because so many

subjects are being discussed and more are being added all the time," she said.

The University of Montana is also taking part in the initiative, following four years of work by the Confucius Institute, bringing Chinese language and culture to Montana high schools. The Food Zoo will offer a three-day Chinese menu. Even President Royce Engstrom embraced the cultural opportunity by hanging Chinese artwork on the walls of his office.

"We're absolutely thrilled," said Otto Koester, co-director of the Confucius Institute. "It's people in the community who have sponsored and organized events."

The Confucius Institute has introduced Chinese language courses to ten Montana high schools, including Big Sky, Sentinel, Hellgate and Loyola.

"China is such an important country in the world today and people don't really know a lot about it," Matthews said.

Join the First Friday masses in exploring this unique opportunity to learn about one of the world's oldest continuous civilizations.

"You look at the arts and culture of a country and you get a glimpse of the soul of the people," Matthews said.

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MORE TO SEE:

Be sure to check out these venues for their China-inspired offerings during the First Friday art walk in downtown Missoula:

The Dana Gallery, hosting works by visiting artist Nijat Hushar

The Monte Dolack Gallery will display Chinese artwork

The Murphy-Jubb Fine Art Gallery presents a series of paintings

The Dark Room introduces "Growth Diary of Baby Pandas" by Luo Xiaoyun

NOT ALONE

Emerging from the shadows of mental illness

DEPRESSION Head above water

Emily Downing
Montana Kaimin

Bright eyes peer out from behind Stefani's thick glasses frames. Every once in a while, though, the light in her eyes fades and her gaze grows distant and pensive.

Like many students, Stefani (who asked that we not include her last name) has had a college experience full of big decisions and soul searching. She's switched her major several times from creative writing to elementary education to computer science. She transferred to the University of Montana from Pacific University after her first two years in school. She's finally found her groove and hopes to graduate soon with a sociology degree.

What makes Stefani's college experience different, though, is her on-going struggle with depression. She's withdrawn from school several times to manage it, making the already lengthy process of attaining a degree even longer.

When things get really bad, she sleeps – sometimes for up to 18 hours at a time.

"If I miss a couple of classes, I worry that my professors think I'm just being lazy or think that I don't want to complete the class or the material," she said. "My main concern is that a lot of people don't understand what's going on and it's not something that's easy to explain. It's not that I'm wanting to sleep in, it's just that I need some time."

Stress, an almost quintessential part of college, is what she said pulls her over the edge most of the time. Stefani works full time, and has throughout her college career. Combined with a full class schedule, it's quite a bit to juggle. When she feels like she's dropped a ball, she said, it doesn't take long for everything else to come crashing down.

"When it rains it pours," she said. "If I even start down that path, I know that if I don't get on top of it, it can get really bad, really quick."

Stefani's not alone, though. A good 17 percent of UM students have felt "so depressed that it was difficult to function" within the last 12 months, according to the 2012 National College Health Assessment.

Brent Hildebrand, a health promotion specialist at Curry Health Center, said the biannual survey done by the American College Health Association uses information provided by a (roughly) 1500-person sample of UM's student body.

"From a statistical standpoint, it's a large enough sampling to extrapolate to the entire campus," he said.

Luckily for Stefani and others in the same boat, there are many resources available for students with depression.

Stefani takes advantage of the counseling services provide by Curry. She's attended both one-on-one sessions with a therapist and group counseling sessions to great success.

"Curry Health Center is pretty

great," she said. "It's low cost and it's really helped me. It's been a process and a journey of figuring out what works best. It's part of why I've been in school for so long."

For someone paying his her own way through school, the free group sessions and reduced-rate counseling sessions make getting help relatively affordable. It's easy to set up appointments, too, Stefani said.

"You go in there and say, well, I have this problem, and they schedule you for an appointment," she said.

Linda Green, the director of the Health Enhancement program at Curry, said counseling is only one small part of what is available for students. For example, the Help Someone Help Yourself Campaign trains volunteers across campus to recognize signs of suicidal behavior and to reach out to students struggling with depression. These volunteers can be recognized by the stickers and buttons they wear, Green said.

Last year, Green said, the Optimal Bear program was developed to help students work through anxiety, stress and depression. The program involves individual wellness coaching that can help students make beneficial lifestyle changes.

"Oftentimes addressing those lifestyle issues can really help people dealing with anxiety or stress issues," Green said. "We're seeing the people who've already gone through the program really improve."

Such improvements can be anything from sleeping more to stressing less.

For students struggling with depression, these small lifestyle changes make things just a bit easier to handle. While managing stress, eating better and getting some sleep doesn't make depression go away, it makes it a whole lot easier to live with, Stefani said.

"There are forces you can control that can prevent it even if it's still something you have to deal with day-to-day," she said.

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TRAUMA Rebuilding the brain

Hanah Redman
Montana Kaimin

Goob West's life as he knew it had stopped.

He was 20 years old and majoring in engineering at Penn State. Then, in 2000, West was taking Halloween decorations out of a tree when he fell 60 feet down onto the pavement below. After his accident, he couldn't walk, couldn't sit up straight, and lost the ability to swallow. People have often assumed he was drunk because his speech is so labored.

The accident left him with an acquired Traumatic Brain Injury. According to the Centers for Disease Control and Prevention, approximately 1.7 million people sustain TBI annually. For University of Montana students who are among those 1.7 million, there are resources available through the community as well as on campus.

West said he was in recovery for a long time, visiting different rehabilitation centers from Penn-

sylvania to California. West, 33, is now a student at the University of Montana's Missoula College. He said he moved to Montana because he had lost everything in Pennsylvania.

"That's usually what happens with a brain injury," West said. "Friends will abandon you and you'll become a little different."

When West first arrived in Missoula, he felt alone until he was able to find a support group in the community.

"I always feel alone because people won't give me the chance," he said. "They're quick to judge and not want to know any deeper."

West said Missoula has many resources for people with TBI. There are groups that meet monthly and weekly, and the Brain Injury Alliance of Montana's office is located on Third Street, a couple of blocks east of the Good Food Store.

"I may not be perfect," West said. "But if anyone could've seen



Thom Bridge/Montana Kaimin

Goob West rifles through a schedule of events for his support group Missing Pieces. West is an advocate for people with brain trauma.

me 12 years ago, they'd know that I have come an extremely far distance."

For West, attending meetings of the Missoula Brain Injury Puzzle Club helped him with a lot of the loneliness he had been feeling.

"I went to the Puzzle Club and I was surrounded by family. Maybe not by blood, but family nevertheless," he said.

"Young people with a brain injury want to pretend that they don't have a brain injury," West

said. "I didn't want to believe it for a long time."

West also took advantage of the office of Disability Service for Students on campus. West said they

See TRAUMA on page 8



Stacy Thacker/Montana Kaimin

Cali Beeson lays in formation on Wednesday, Sept. 5, during her modern dance class. Beeson was diagnosed with autism in the fifth grade but doesn't let the diagnosis hold her back. She is currently pursuing three majors: Dance, Cultural Anthropology and Journalism.

AUTISM More than meets the eye

Candace Rojo
Montana Kaimin

In fifth grade, Cali McClelland Beeson was diagnosed with low-level autism, also known as Asperger Syndrome. She couldn't make eye contact. She clenched her hands and she struggled with tests, but she was determined not to let autism define her.

In eighth grade, she dropped out of public school in Illinois because the large classes broke her focus. She was home-schooled through high school and then attended McHenry County College.

Today Cali attends the University of Montana, sticking out from the crowd with her untamed hair, infectious smile and creative outfits.

You may see her on campus in bunny ears working for Forward Montana, with her black, curly hair peeking out behind the fluffy pink material. You could catch her in the dance studio polishing her contemporary dance moves or walking across campus with her fiancé Danny Williams—the two of them casually talking about music or buying a house.

According to Autism Speaks, a leading autism science and advoca-

cy organization, autism affects one in 88 children in the U.S. — one in 54 boys and one in 252 girls.

Autism is a general term used to describe varying disorders characterized by different degrees and difficulties in social interactions. As a result, diagnoses are named by level and function.

There is no determined cause of autism.

Cali still rarely keeps eye contact when she talks to a new person. She said she rarely sticks up for herself and often gets frustrated with the process of school.

"I rework my papers till they are A work; it's just that it's stressful to find my own mistakes," she said. "I want to get it done and turn it in. I don't want all these rough drafts."

Cali has three majors at UM: cultural anthropology, dance and journalism. She said she chose UM for its smaller class sizes and because her parents met here. She likes that she can talk to her professors and take her tests in the testing center offered by Disability Services for Students.

Amy Capolupo, the interim director at Disability Services for Students, said her department works hard to make sure students with disabilities get everything they can

out of their university experience.

"The role of the office is to make the campus programmatically and physically accessible to students," she said. "That could be anything from having textbooks in audio format, providing extra test times, hiring note-takers, to providing access ramps, wiring rooms for sound or having elevators."

Capolupo said Disability Services works in a one-on-one basis with each student who wants help on campus.

"Everything we do depends on the functional ability of your condition," she said. "It really depends on who you are in the world and sometimes it goes beyond us, beyond our office and at the point we become more of a coach."

Capolupo suggests students write letters to professors explaining who they are in order to help the professor gain some insight into the situation.

"Usually the professors just don't know what is going on," she said.

Disability Services also works to make sure students can easily adapt to the college atmosphere by offering priority registration so students who want smaller classes have the first pick.

For Cali, finding a group on

campus where she fits in has been a hard search. She said she has yet to find a student support group for autistic adults, but she plans to create one through ASUM with the help of mentors.

Jennifer Closson, an assistant professor in the Department of Communicative Sciences and Disorders, is in the process of starting a group on campus catered towards helping students with autism, Asperger's or other social challenges adapt to the social atmosphere on campus.

"I am ready to get this started," Closson said. "I'm just waiting for people to come to me and express their need."

Closson wants the group to focus not on therapy but on students with social challenges offering support to other students like them.

"A lot of the adults that come to campus have had it with therapy and they just want to be typical," Closson said. "That's why this focuses on support and problem solving so that new people can learn

See AUTISM next page



Stacy Thacker/Montana Kaimin

Cali Beeson, 19, of Stevensville, is a student at the UM and was diagnosed with high-functioning autism in the fifth grade. However, she doesn't let this stop her from currently pursuing three majors.

CONFIDENCE

The mental performance edge

Austin Schempp
Montana Kaimin

Dr. Charles Palmer starts the semester by asking student athletes to write down what percentage of their sport they believe is mental. Then he takes all the results and averages them. They usually hover around 75 percent.

At the collegiate sports level, it is not always physical stature that helps teams win. Mental readiness and the ability to deal with stressful situations is crucial to student-athlete success.

As a sports psychologist, Palmer helps athletes at the University of Montana with such issues. He teaches the sophomore-level Principles of Optimal Performance and the senior-level Foundations in Sport Exercise Psychology classes.

Palmer said he sees about 80 percent of student-athletes at UM enroll in his sophomore-level class. Many move on to take his 400 level class.

Although he is not technically an employee of the athletic department — he is faculty — Palmer also opens his door to talk outside of class with other student-athletes who want to gain a mental edge in performance. Sometimes, coaches and trainers refer student-athletes to him.

Women's tennis head coach Steve Ascher said some of his ath-

letes have been in Palmer's classes. Ascher believes Palmer, who is equipped with a psychology background, is a helpful tool.

"Obviously the mental piece is a big part of our game," he said. "It's important to have resources like a sports psychologist."

Athletes seek out Palmer to help effectively deal with stress during games. He uses techniques, such as video highlights, to show players successful plays they have made during games. The highlights build confidence and keep athletes focused.

Other techniques he employs include breathing strategies and eye focusing exercises. All are designed to help athletes deal with stress, instead of removing it entirely.

"Stress-free is probably not a realistic goal," he said. "It's a matter of just processing it and keeping it in its place."

Palmer has taught at UM for seven years, but the Great Falls native has been a Grizzly for a long time. He received his bachelor's, master's and doctorate from the University. As a former basketball player and smoke jumper, he knows how to deal with stress in high-pressure situations.

He said he can't necessarily measure his success in Grizzly athletics — students talk to him on a voluntary basis — but hopes he is



Meghan Nolt/Montana Kaimin

Dr. Charles Palmer is a sports psychologist and professor in the Health and Human Performance department at UM. One aspect of Palmer's job is helping student-athletes with performance issues, such as dealing with high pressure situations.

making an impact in the performance of student-athletes that he does talk with.

"The (mental aspect) is huge," he said. "You can have all the physical tools you need to be successful as a performer, but if you don't have the attitude, motivation, drive or confidence, it's going to be very tough to be successful."

Palmer said UM is ahead of

other Big Sky Conference schools in regards to the psychological resources available to help student-athletes and students in general.

"From what I understand of the Big Sky Conference, we're kind of a rarity in the sense that not a lot of schools have a person in a position like mine," he said. "As far as Montana goes, we've been ahead of the curve for a long time."

"To me it's just neat to be able to go watch any one of the sports on campus and oftentimes be able to know I had that kid in class," he said. "Hopefully in some little way I contributed or gave them something that they found useful as far as either their life goes or performance goes."

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TRAUMA

From previous page

set him up with extra time to take tests and made accommodations for his impaired vision.

However, another UM student, Bob, who asked to have his name changed, said he would have liked more help from the University.

Bob was in a car crash at the end of his senior year of his first degree, a Bachelor of Arts in linguistics. The crash left him in a coma for a week. Afterward, he couldn't walk or talk, and had to re-learn basic functions, such as word recall and social skills.

"For the next probably year, I stuttered and slurred everything and kind of stumbled around awkwardly, like my hands wouldn't work right because my brain was still bruised," Bob said.

When Bob came back to finish his degree, he registered with DSS. The service helped him speak to his professors so he could take tests privately, though he said that didn't help much. Where DSS did help him, however, was with scheduling issues caused by his brain damage.

"I had no short-term memory for probably almost three years after

that, so I completely missed mid-terms," he said. "So, I'd have to talk to them and get like an allowance to retake it or something."

Bob also has Asperger Syndrome (a particular form of autism), dyslexia and a mild form of schizophrenia, he said. He has also been an acquired sociopath since childhood, which means he didn't feel emotions.

Along with those habits, Bob lost the block he had subconsciously placed on his emotions. After the coma, he could suddenly feel emotion again for the first time in 17 years, he said.

Bob said coping with all of that emotion all at once on top of dealing with a brain injury was extremely difficult. He said he had never heard of any counseling programs that would have helped him, but said he would probably have taken advantage of them had he known they existed.

"I find out periodically the school has a lot of cool services," he said. "They just don't advertise them in any function, so nobody knows what the possibilities are even if there are possibilities there."

One, the Counseling and Psy-

chological Services program provides brief counseling to students about any life problems they may encounter while attending UM. Mike Frost, the interim director of CAPS, said student awareness is an area in which the Curry Health Center trying constantly to improve.

"It's a source of frustration for all of Curry," Frost said. "It might be the fourth year before (students) even know that they paid \$200 a semester for a service that they didn't know about."

Frost said that, while CAPS doesn't have a rehabilitation program for people with traumatic brain injuries, it could help direct people to a program in the community that might be able to help.

If the brain injury is combat related, the Vet Center would be able to help find a program to help, Frost said.

West said the most important thing someone with a traumatic brain injury can do is look for help.

"You're not alone. There are many people out there, and we all want to stick together. Missoula has many resources," he said. "Look for help. You'll find help."

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AUTISM

From previous page

quickly and can learn a new social situation and how to respond to it."

The group will be run by students, and their needs will dictate what the meetings will be about, Closson said.

"I want this to be whatever they need it to be," she said. "If you struggle with it, I want to help you."

Danny said he rarely gets overly upset with Cali at home, and he is incredibly proud of everything Cali has accomplished. He plans to attend support meetings with her when she starts her group and feels like he could offer some help.

"Autism doesn't just affect the person with autism," he said. "It affects everyone around them, especially the people who are with them most."

Cali said her relationship with Danny is the first one where she has maintained eye contact the whole time, and she finds comfort in him.

"My sister has always had a best friend that she is still good friends with. I've never had a best friend until Danny," Cali said. "Before, I've had people use me or make fun of me. Somebody has to be there to understand what you have instead of running away from it."

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SEEKING SUPPORT?

Missoula Support Groups for Brain Injury Survivors

Missing Pieces

Contact: 406-531-5231
Every second Saturday of the month from October to May
7:00 p.m. Westside Lanes

**Puzzle Club –
Missoula Brain Injury
Support Group**
Every Saturday morning
9 a.m. Joker's Wild

Missoula Brain Injury Support Group

The third Monday
of each month
6:30 p.m. St. Patrick Hospital

HOW To [Be Cool]

By Eben Keller

Step 1: Apparel

You have two options in this department: denim and leather. This seems a lot less complicated than it really is. Pulling off an outfit of this sort can be extremely tricky. Picture faded blue jeans, a white T-shirt, and a tattered leather jacket. Pretty cool, right?

Now picture a denim shirt, with tight leather pants. Much less cool. In fact, a completely different look. Now you're beginning to head into the waters of BDSM culture. Add a leather top to the ensemble, and now you're a biker. And bikers haven't been cool since a bunch of lawyers and dentists found their way into a Harley dealership in the mid-80s, sewed a Hells Angels-wannabe patch on the back of their jacket, and paraded around town on a Sunday afternoon desperately searching for something remotely heathen to justify their hopelessly anesthetized workweek.

But if you can manage to couple these articles together properly without accidentally finding yourself looking like one of these niche groups, then the Fonz himself wouldn't question your bad-assery. But it's not just the clothes that you're wearing, it's how you wear them. Which brings me to my next point ...



Cartoon by Callan Berry

Step 2: Attitude

Imagine you're walking through campus. The clock strikes 12, and 10,000 students pour on to the sidewalks at once. You dodge and trip and nudge shoulders with every single one of them, and then it happens — you find yourself locking eyes with someone walking directly towards you as you both try to get out of each other's

way. Both of you step left, then right, then back to left again, and suddenly you find yourself in that incredibly awkward moving tango with someone who is just trying to be as courteous as you. Awkward laughs are exchanged, and you hope to God no one saw that.

Do not do this.

Never look where everybody else is going — only look where

you want to be. Everyone else will get out of your way. Consider this a metaphor. Trendsetters did not lead the way for pop culture by looking at what anybody else was doing. They didn't care if they bumped a few shoulders. They carved a path smack-dab through the middle of a sea of people, and this is what made them cool. And this brings us to the final point ...

Dean, Steve McQueen kind of way), who consistently make the rest of us feel ashamed of our nerdy ways. This is a guide for those of us who so desperately want to trade our twelve-sided die and Pokemon cards for fast cars and red meat.

Step 3: Resistance

This one should be obvious. Being cool isn't something you can learn to do. The idea of learning means that you are looking outwardly, and changing inwardly.

To be really cool, you have to be as self-centered and egotistical as humanly possible. If you can convince yourself that you are, in fact, the greatest thing the world has ever seen, coolness is sure to follow.

Let me be clear: There is a big difference between self-assuredness and arrogance. How many kids do you know are ashamed of the fact that they play Dungeons and Dragons? Or weren't proud of the fact that they went to Comic-Con in the Captain Falcon costume they spent three months making? Those are some of the most self-assured people walking the streets today, and they are most certainly not cool. At least not by classical standards.

Arrogance is cool. Look at Kanye West: not exactly humble. Atlas himself couldn't carry the weight of his ego. But of all the nasty things that have been said about him, have you ever heard anyone say he's uncool? You have to be more than confident. You have to be *convinced* that what you are doing is cool, no matter what anyone else says. Especially me.

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MISSOULA

Melvins' record-breaking tour comes to Missoula

Christopher Allen

Montana Kaimin

Flannel-flapping heroes Pearl Jam might be playing soon at the Adams Center, but since waiting sucks, you can check out some truly O.G. grunge godfathers this weekend.

Legendary metal/hardcore band the Melvins will attempt to make history when they play at the Top Hat on Sunday, as part of their aptly named "50 States + DC in 51 Days Record Breaker Fall U.S. Tour."

The Sept. 9 show will be the fifth stop in a grueling schedule, which began Sept. 5 in Anchorage, Alaska and ends in Hawaii in October. If successful, the tour will enter the Guinness Book of World Records as the fastest tour of the U.S. by a band.

For most of their history, the

Melvins have been a trio, with singer/guitarist Buzz "King Buzzo" Osborne and drummer Dale Crover acting as core members. But they're notorious for their revolving door of bass players, and in 2006 metal duo Big Business — who also played Missoula's Total Fest in 2011 — officially became members of the band, mutating the Melvins into a dual-drumming quartet.

For the current tour, the Melvins will be touring as "Melvins Lite," an altered line-up that substitutes the Big Business duo with Trevor Dunn on the upright bass. In an interview with the Anchorage Daily News last week, Osborne talked about the trimmed-down line-up. "With the Melvins Lite, we don't need as much set-up time," Osborne said. "That's part of the reason we thought, 'Oh man, we can make this work.'"

Formed in 1983 in Aberdeen,

Wash., the Melvins have been churning out unpredictable hardcore, punk and sludge metal records for almost 30 years. Last year alone, they released a free EP entitled "The Bulls & the Bees," and a full-length LP "Freak Puke" under their "Melvins Lite" moniker.

Although they've never gained mainstream success, the Melvins are often cited as being extremely influential, both in the early Seattle grunge scene and throughout the country as well. Throughout the decades, bands such as Tool, Mastodon, and '90s juggernaut Nirvana, have all been quick to name the Melvins as an inspiration in the development of their own sound.

Krist Novoselic, former Nirvana bassist, wrote candidly in 2009 about the role the Melvins played in introducing the members of Nirvana, and their influence on the Washington music scene. "Even



Photo courtesy of the Melvins

Melvins Lite play at the Top Hat on Sunday, Sept. 9 as part of their "50 states + DC in 51 Days Record Breaker Fall U.S. Tour."

though they had left Washington, the Melvins had left their mark as the first Grunge band," he wrote. "Every Seattle band of the late '80s owes a little something to the Melvins — a band that slowed down

the tempo and played sludgy riffs." Melvins Lite and openers Tweak Bird take the Top Hat stage on Sunday, Sept. 9 at 9 p.m. Tickets are \$17/\$15 in advance.

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FOOTBALL

FCS Rivalry Rekindled

Grizzlies travel across the country to take on Appalachian State

Dustin Askim
Montana Kaimin

Appalachian State quarterback Armanti Edwards dropped back to pass. Three Grizzly defenders pressured him, but Edwards escaped, drifting poetically toward the east sideline while cocking back his left arm. Meanwhile, Montana defender Keith Thompson was in pursuit of destruction, anticipating the throw. Before the football flew out of Edwards' hand, Thompson jolted toward his target — Mountaineer receiver Matt Cline. No. 17 caught the ball, but before he could turn to run, Montana's Thompson annihilated him.

This unforgettable sequence, which ESPN's SportsCenter dubbed "the hit of the year, at any level," was the defining moment of the 2009 Football Championship Subdivision National Semifinal game. The Grizzlies skimmed by fellow FCS perennial power Appalachian State 24-17, and moved on to the National Championship game.

"It was one of the greatest games the FCS has seen," red-shirt senior Josh Harris said Tuesday. "It was a fantastic game."

Harris is one of ten Grizzlies who donned maroon the last time the two teams played nearly three years ago.



Abigail Redfern/Montana Kaimin

Peter Nguyen (28) rushes during the Grizzlies' game on Saturday, Sept. 1 in Washington-Grizzly Stadium. The Griz won 35-24 and will face Appalachian State in Boone, N.C. on Saturday.

While Edwards and Kline have moved on, the Mountaineers will have vengeance on their minds when Montana arrives to face off at Kidd Brewer Stadium on Saturday.

"This is going to be a great atmosphere," Montana head

coach Mick Delaney said. "It's going to be a real, real challenge for our guys, our coaches and myself to go to Boone, North Carolina, and really see where we're at as a football team. It'll be a measuring stick."

Their history aside, both teams boast a plethora of young talent this season. Delaney compares Appalachian's current quarterback Jamal Jackson to former Mountaineer signal-caller Armanti Edwards. The 6-foot-3 Jackson threw for more than 2,000 yards in seven starts last season as a sophomore, and last weekend he picked apart East Carolina — an FBS school — with 300 passing yards.

"I anticipate that it's going to be who can stop the run, and who can run the football," Delaney said. "And obviously,

defensively, we've got to keep their quarterback off balance a little bit, but at the same time, keep him contained in the pocket."

Harris, a 6-foot-5, 250-pound Kalispell product, said the Mountaineers run an offense very similar to the Grizzlies.

"They run a lot of read-zone action," he said. "They spread you out, get you in the open field and try to make you miss tackles."

Montana's quarterback Trent McKinney made his share of defenders miss in his first career start against South Dakota University and said his preparation for this game has been just as thorough.

"I prepare for each game like it's a championship game," said McKinney, who completed 26 passes against the Coyotes.

See RIVALRY page 12

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PREVIEW [around the Big Sky]

Compiled by
Kaimin Sports

Eastern Washington @ Washington State

For the first time in over 100 years, the Eastern Washington University Eagles and the Washington State University Cougars will meet on the football field Saturday. Separated by 67.1 miles, these two rural schools seem like perfect rivals. Instead, they will be reunited for the first time in a century, and the timing is perfect for both.

Fresh off a nationally televised 30-6 dismantling at the hands of the Brigham Young University Cougars, the 0-1 WSU Cougars are looking to bounce back against a sacrificial FCS team. And the Eagles (1-0) seemed to be just the team to provide the Cougars that virginal offering. A small Football Championship Subdivision team with limited scholarships, at home? Should be easy, right?

Maybe, but maybe not. These are the same Eagles that won the FCS National Championship in 2010 and last week defeated another Football Bowl Subdivision opponent, the Idaho Vandals. Another win against a high-quality FBS team would put them in great position heading into Big Sky Conference play. The Eagles will be led by their talented receiving core, which boasts senior preseason All-Amer-

ican wide receiver Nicholas Edwards and junior wide-out Brandon Kaufman, who had a huge performance against the Vandals going for 148 yards receiving despite not finding the end zone.

The Cougars, meanwhile, seem to be having difficulty adapting to Head Coach Mike Leach's new offense. Senior quarterback and Davey O'Brien Award watch list nominee Jeff Tuel went 30 of 45 passing for 229 yards against BYU, but also threw two picks and ranged from inconsistent to downright bad in his first game under Leach and his vaunted "Air-Raid" offense. However, if the "Pirate of the Palouse" has his way, and Tuel gets enough blocking from his line to read his progressions and make a decent throw, then the Cougars should be able to grab a victory and head into their next nationally televised game against Bobby Hauck's University of Nevada-Las Vegas Runnin' Rebels with their heads held ... higher.

Northern Arizona @ University of Nevada-Las Vegas

After a 63-6 trampling by Pac-12 Arizona State, the Northern Arizona University (0-1) continues its early season road schedule against former Montana Head Coach Bobby

Hauck and the University of Nevada-Las Vegas (0-1).

Last week's contest provided a scare for the unranked Lumberjacks as starting quarterback Cary Grossart fell victim to injury and did not return. Grossart is back this week and looks ready to go.

Other players to watch for on NAU's include kick-return specialist Austin Shanks and explosive running back Co-vaghn DeBoskie-Johnson, who rushed for 82 yards in last week's loss. NAU will look to rebound their defensive effort this week after giving up 554 yards to Arizona State University.

Meanwhile, the Rebels are at home for the second straight game after dropping a heart-wrenching season-opener in triple overtime to the University of Minnesota. UNLV's offense gained just 285 yards compared to Minnesota's 478.

This week, starting quarterback Nick Sherry looks to correct the passing game after throwing three interceptions in the season-opener.

This week's game will kick off at 7 p.m. at Sam Boyd Stadium. NAU will play Montana on Sep. 22 in Missoula.

Montana State @ Drake

This Saturday, Montana State Bobcats' Head Coach Rob Ash returns to Drake University, where he coached for 18

years and won 125 games. The Bobcats are familiar with the private Iowa college of nearly 5,000 students, as they defeated the Bulldogs 48-21 two years ago in Bozeman.

Drake, an FCS school competing in the Pioneer Football League, won its season-opener against Grand View University 28-8 last weekend. The Bulldogs are led by quarterback Mike Piatkowski, who threw for 25 touchdowns and 2,900 yards last season. His no. 1 target is wide receiver Joey Orlando, a 5-foot-10 senior who had one catch for six yards versus Grand View.

The Cats opened the 2012 season with a 33-6 win over Chadron State College of Nebraska. It was MSU's first ever home night game. Quarterback DeNarius McGhee completed 29 passes for 176 yards. Two of his touchdowns were thrown to receiver John Ellis, who finished with five catches for 32 yards. Running backs Cody Kirk and Orenzo Davis combined for 164 yards on the ground against the Eagles, while McGhee chipped in 34 additional rushing yards.

The game will kick off at 5 p.m. in Des Moines, Iowa.

Portland State @ North Dakota

With both teams equipped with 1-0 records and despite both squads being members of the Big Sky Conference, the Portland State University Vikings travel to Grand Forks, N.D., to match up against the North Dakota Bison in nonconference play.

The Vikings had their hands full last week with a scrappy National Association of Intercollegiate Athletics Carroll College Saints squad hailing from Helena. PSU outlasted the Saints 38-20 behind a two touchdown on 14 carries for 87-yard effort from running back DJ Adams. Vikings quarterback Kieran McDonagh pulled his weight on offense as well, as he finished 8-for-16 for 196 yards and two touchdowns.

North Dakota opened the season with a 66-0 slaughtering of South Dakota School of Mines and Technology.

The Bison piled up 653 yards of total offense, shattering a 38-year record. On their way to the benchmark, the Bison pounded out 370 yards rushing — 178 of those coming from running back Jake Miller, who finished with two touchdowns as well.

With PSU's defense looking suspect against the Saints, look for North Dakota to continue its offensive onslaught this weekend.

The game kicks off at 5 p.m. on Saturday.

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SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: 1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

SOLUTION TO THURSDAY'S PUZZLE

4	1	9	2	3	7	5	8	6
2	7	8	4	6	5	9	1	3
5	6	3	9	1	8	7	2	4
7	9	2	8	4	3	6	5	1
6	3	4	1	5	9	8	7	2
8	5	1	7	2	6	4	3	9
3	4	6	5	7	1	2	9	8
9	2	5	3	8	4	1	6	7
1	8	7	6	9	2	3	4	5

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RIVALRY
From page 10

"Whether it's Appalachian, or a we're playing a Division-I team, I'm still going to prepare the same, he said. And I'll do the same during the bye-week — QBs don't get days off."

Both McKinney and Delaney said Montana's rugged non-conference schedule will benefit their team as the season unfolds.

"We're always up to a challenge," Delaney said. "And this one is probably as big of a challenge you can have without going to a Tennessee, Michigan State, Arizona, et cetera, et cetera."

Appalachian State is no stranger to playing tough opponents at a season's outset.

In its 2007 season opener, the Mountaineers defeated No. 5 ranked Michigan 34-32 at "The Big House" in front of 109,000 fans. It was deemed an "All-Time Upset" on the cover of Sports Illustrated and has garnered the football program national attention since.

The Mountaineers' fortress, embedded in the Appalachian Mountains, is referred to as "The Rock," as it is one of the largest, and toughest venues in all of college football to win. Their .768 home winning percentage and 23,000 attendance capacity are both second in the FCS — next to Montana.

Yet Delaney is fairly certain the atmosphere will not distract his team. He said thanks to Washington-Grizzly Stadium, Montana is familiar with

raucous crowds and the ear-splitting noise they create.

"That is an advantage playing week in, and week out in front of a full house," Delaney said. "Now, are they a little more hostile in that part of the country? I guess we'll find out."

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Kick-off is set for 4:30 p.m. and can only be watched on ESPN3.com or ESPN GamePlan.

Montana is 2-0 all-time against App. State ... 19-16 (overtime win in 2000) and 24-17 (2009)

App State has won 3 National Championships (2005, 2006, 2007)

App State is in the Southern Conference and recruits most heavily in Georgia

PISSED? PLEASED? PETRIFIED?

Write a letter.

Please email letters of 300 words or fewer to opinion@montanakaimin.com, or drop them off in Don Anderson Hall 208. Please include a phone number. Letters are printed on Thursdays.

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The Kaimin assumes no responsibility for advertisements which are placed in the Kiosk. We urge all readers to use their best judgement and investigate fully any offers of employment, investment or related topics before paying out any money.



kiosk
KAIMIN CLASSIFIEDS

RATES

Student/Faculty/Staff
\$1.50 per 5-word line/day

Off Campus
\$1.40 per 5-word line/day

The Kiosk runs 4 days per week. Prepayment is required. Ads may be placed at DAH 207 or via FAX: 243-5475, email: ads@montanakaimin.com or call 243-6541.

Lost and found ads may be placed in the Kiosk free of charge. They can be 3 lines long and run for 3 days.

CHILDCARE

NEED HELP PAYING FOR CHILD CARE? Child Care Resources offers child care payment assistance for eligible families. Basic eligibility guidelines: A family of 2 earning less than \$1,821/month, a family of 3 earning less than \$2,289/month, a family of 4 earning less than \$2,756/month. Must be working, unless in high school. Contact CCR at 728-6446 for more information and a scholarship application, or check out our website at www.childcareresources.org.

FOR SALE

The thrill of the grill! Bratwurst, hot links, cheddar cheese jalapeno brats, French morel. Come see Uncle Bill Sausages at the Clark Fork River Market Saturday Morning.

Indian Tapestry Sale. The Joint Effort 1918 Brooks St. Holiday Village Shopping Center
Hello hookah smokers! 38 flavors of shisha and hookahs too. The Joint Effort 1918 Brooks St. Holiday Village Shopping Center
Digital Scales. The Joint Effort 1918 Brooks St. Holiday Village Shopping Center
Posters! Blacklight, regular, low prices. The Joint Effort 1918 Brooks St. Holiday Village Shopping Center

HELP WANTED

The Rocky Mountain Elk Foundation, a hunter based non-profit wildlife habitat conservation organization seeks an outgoing student for part time work, 15-25 hours per week, including mandatory weekends. \$8.00 per hour. Excellent customer service, communication,

and computer skills required. Must have a passion for conservation. Email cover letter and resume to jobs@rmef.org Closes Sept 14th.

Direct Care- Evenings & weekend hours assisting adults w/disabilities. Exp. Working w/adults w/disabilities preferred. Position open until filled. Valid MT driver license. No history of abuse, neglect or exploitation. Applications available at: Opportunity Resources, INC., 2821 S. Russell, Missoula, MT 59801 or on line at: www.orimt.org. Extensive background checks will be completed. **NO RESUMES. EOE**
Volunteers Wanted - 3 to help in kitchen on Wed. and 2 for Friday lunch – 8-1:00 pm. 2 for Thrift Store Sat. 10-3 and 2 for varying days M-F. All volunteers receive

free lunch for a 4-hour shift and ½ price on anything in the Thrift Shop. Call 543-7154 ask for Michelle or Chris.

Graduate student seeking local family to participate in a local food challenge. 2 weeks in September and 2 weeks in January. Project is a radio documentary. Contact Emily Wendler (513) 312-8318.
Lolo Creek Steakhouse accepting applications for cocktail server/bartender. Apply 3-4 PM in person.

INSTRUCTION

Spanish and Flamenco Dance Classes with professional instructor Elenita Brown. Beginning and Intermediate, Missoula. 777-5956.

INTERNSHIP

Are you interested in elk, wildlife conservation, hunting and outdoor adventure? Want to write for a magazine with 180,000+ circulation, a TV show seen in 31 million homes and a website receiving 170,000 hits per month? Bugle magazine at RMEF is your ticket. We offer unpaid internships that give you the chance to boost both your skills and résumé while writing for print, broadcast and the internet. Email cover letter, résumé, and three writing samples to jobs@rmef.org. Closes Sept 14.

SERVICES

Private tutoring for ACTG, ECON, FIN, MATH, STAT, PHSX, and CHEM141. \$25/hr, group rates available. Call/Text (509)954-2835.
JLTutor@Bresnan.net

montanakaimin
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